

Food Is Medicine

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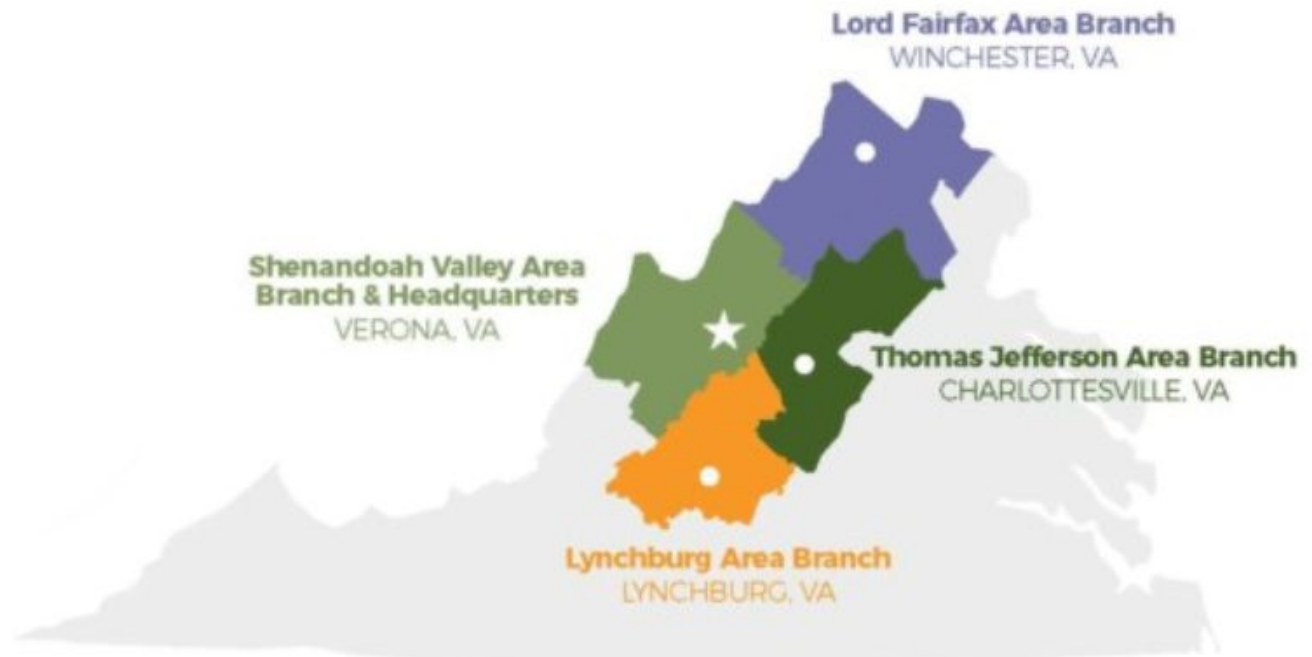
Blue Ridge Area
FOOD BANK

A member of
**FEEDING
AMERICA**

Blue Ridge Area Food Bank



- 1 of 7 Virginia Food Banks
- **205 agencies**
-pantries, soup kitchens, and shelters
- **180 program sites** including schools, clinics, senior centers, and mobile distributions



Food Banking: Outputs to Outcomes



- The 2014 Feeding America *Hunger in America Study* found almost 50% of those seeking food assistance reported fair or poor health
- Shift in food banking over the past 5-10 years from transactional to strategic; now prioritizing:
 - nourishing food
 - engaging those seeking food assistance
 - collaborating with novel community partners

Where Food Banking Meets Public Health



Our approach to health and nutrition work? Keep clients at the center.

- Start where people live, work, play, and pray
- Ask the priority population about their assets and needs
- Invite values-aligned partners and community members to the conversation
- Center equity, cultural humility, and client dignity
- Design solutions accordingly (borrowing from best practice)

Our Health Initiatives



We develop community partnerships ***within and beyond the pantry setting*** to increase dignified access to nourishing food for all who need it

- Healthy Food Pantry program
- Food Pharmacy model

Healthy Food Pantry Program

Healthy Food Pantry



- What does a welcoming, accessible food pantry look like?
- What does it feel like?
- What foods does it offer?
- How do you define and offer “healthy” foods?
- How is choice built-in?

Photo: *The Community Feed* at Tidewater Community College



Our Healthy Food Pantry program goals:

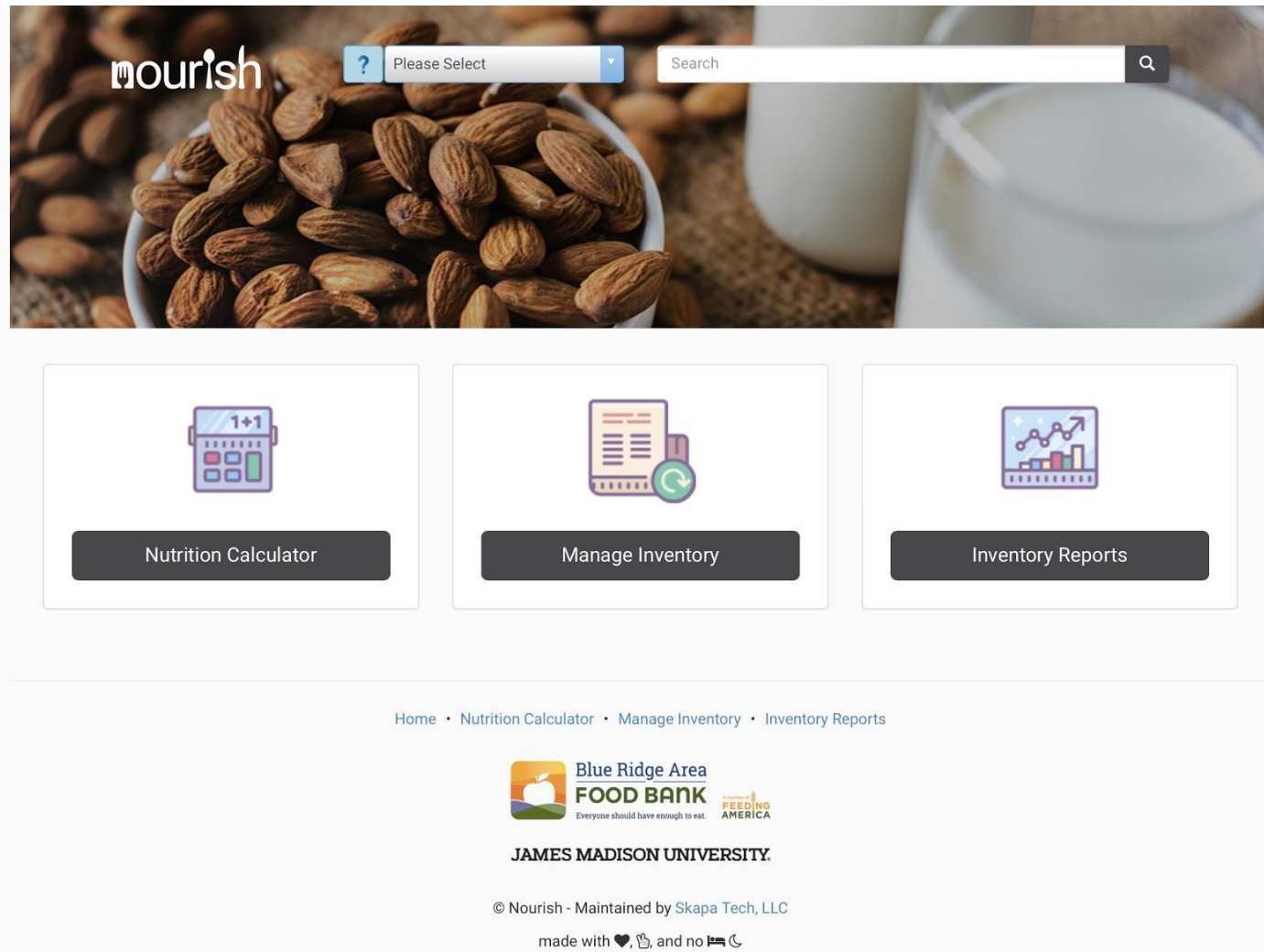
- Welcoming, attractive, accessible environments
- Trusting client and volunteer/staff relationships
- Nutritious options and nutrition education
 - Client choice
 - Sourcing food to meet client needs and preferences
 - Nourish and NourishEd, recipes, tastings

Healthy Food Pantry: Nourish



Nourish

- Based on the Healthy Eating Research Guidelines
- Nourish allows users to **search, rank, and track** nutrition of foods



Healthy Food Pantry: Nourished



Nourished applies the Nourish stop-light ranking to foods available in client choice pantries. The goal? Make the healthy choice the easy choice.



often

Green foods are most nutritious because they have higher amounts of health promoting nutrients such as vitamins, minerals and fiber. *Green foods should be selected often.*



sometimes

Yellow foods are nutritious, but can contain more added sugar, salt and fat compared to *green foods and should be selected sometimes.*



rarely

Red foods are least nutritious as they contain fewer health promoting nutrients and the highest amounts of added sugar, salt and fat. *In excess amounts, red foods may negatively impact health and should be selected rarely.*



Food Pharmacy

Food Pharmacy



Food Pharmacy = In-clinic food pantry

UVA Kidney Center Food Pharmacy

Partnership Impetus:

- Consistent patient population with chronic condition, significant time spent in clinic
- Diet is a key factor in kidney disease management
- Staff capacity and interest in partnership

Kidney Center Dietitian and Team:

- selects kidney-friendly foods from food bank online inventory
- screens and refers patients to program
- provides food to patients weekly during kidney treatments

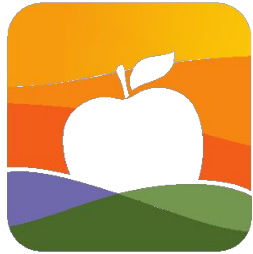


Food Pharmacy



- Benefits to patients
 - Convenient, accessible, free
 - Medically tailored foods
 - Health and nutrition recommendations from trusted dietitians and doctors
- Benefits to hospital/clinic
 - Facilitates valuable patient-physician nutrition conversations
 - Increased patient wellbeing and health outcomes
 - Increased patient satisfaction with hospital
 - Alignment with Community Health Needs Assessments





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Thank you!

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